



ANCORA



SHAPE THE FUTURE OF YOUR HEALTH

Become empowered with scientific insights into your body and mind. Take ownership of your health, wellbeing and performance.



HEALTH & PERFORMANCE PLUS

Discover what's driving your health and boost your performance with extensive insights into your key heart-rate zones and your cardiopulmonary fitness.



Personal Health Passport

View a dashboard capturing information from thousands of data points covering your **biomarkers, DNA, physical measurements and lifestyle**. This helps you plan actions around your nutrition, nutrition, physical activity and other health needs.



Personal guidance

Join one of our doctors for a **30-minute 'Insight & Action' session** to review your personal health information – and plan the next steps to improve your health and performance.



Cardiopulmonary fitness testing

Improve your health and performance by getting to know your optimal training zones. Through a cycling test, we measure when you burn most fat as well as the intensities you should train at to get the most out of your performance. We also measure five additional blood biomarkers to help you manage your inflammation and recovery.



Coaching & chat support

Get timely tips from our **health & wellbeing coaches** via WhatsApp along with practical advice to put your action plans in motion.



24/7 online access

Enjoy on-demand access to your **Personal Health Passport** for one year. It's private – accessible via secure, encrypted log-in whenever you want to view it.



HEALTH & PERFORMANCE PREMIUM

Achieve your goals faster through regular conversations with our doctors and periodic tracking of your key performance and health indicators.



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Coaching & chat support

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Monthly conversations with doctor

Keep up your progress with **15-minute check-ins** with one of our doctors once a month.



Cardiopulmonary fitness testing

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2 x Remeasurements

Get remeasured up to two times to track your progress on the health & performance indicators most relevant to you.



Personal guidance

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YOUR HEALTH JOURNEY STARTS AT ONE OF OUR HEALTH STUDIOS

Get started in [Amsterdam](#) or [Eindhoven](#).

Personal Onboarding

1

All of our memberships feature a Personal Onboarding. Start your Ancora journey at one of our Health Studios.

Core Onboarding

- Lifestyle
- Physical measurements
- Fitness
- Biomarkers
- Genes

Included with:

♥ Core ♥ Plus ♥ Premium

Performance Onboarding

- Performance

Included with:

♥ Plus ♥ Premium

OUR HEALTH STUDIOS ARE STATE OF THE ART



Start your journey with a Personal Onboarding at one of our Health Studios. Here, we assess your body composition and collect blood and urine samples to measure the levels of your fats, sugar, vitamins, hormones, and genetic susceptibilities.



Our Performance programs also include an extensive fitness assessment of your heart and lungs where you get to know your cardiopulmonary fitness, maximum fat burn zone, and thresholds for training.

GAIN DEEP INSIGHTS INTO BODY AND MIND



2

Analytic Engine

We then run your data through our CE-certified Analytic Engine to generate scientific insights and personalised actions for you.



3

Health Insights

Insight into your current health and possible future health risks based on analysis of your data points.

34 Health Insights

Included with:

♥ Core ♥ Plus ♥ Premium

3 Performance Insights

Included with:

♥ Plus ♥ Premium

We then support you to make personalised lifestyle choices and form healthy habits

We do this through a combination of digital and human interactions.

Insight & Action session

30 minute session, face-to-face or via video call, with one of our doctors.

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1 Insight & Action session

Included with:

♥ Core ♥ Plus ♥ Premium



5

A personal dashboard

Get daily lifestyle choices to help you achieve your goals. Work on missions for next-level health.

Included with:

- Core
- Plus
- Premium



Get remeasured and track your progress

Maintaining and improving your health is an ongoing process – measure how changes you made affect your body and mind.

2 Remeasurements

Included with:

- Premium

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Ancora Health
online

Hi! How was your week?

Good! Monday football training and Wednesday I had my first gym session. ✓✓

Wonderful! This weekend let's get started with running?

Yes, I want to try! Any tips? ✓✓

Put some running shoes on and do 1 minute running, 2 minutes walking, 1 minute running, etc.

Ok, clear - will give it a go! ✓✓

Type a message

MAKE PERSONAL CHOICES AND FORM HEALTHY HABITS

Chat support

Exchange messages and get tips to implement actions into your daily life.

Included with:

- Core
- Plus
- Premium

6

7

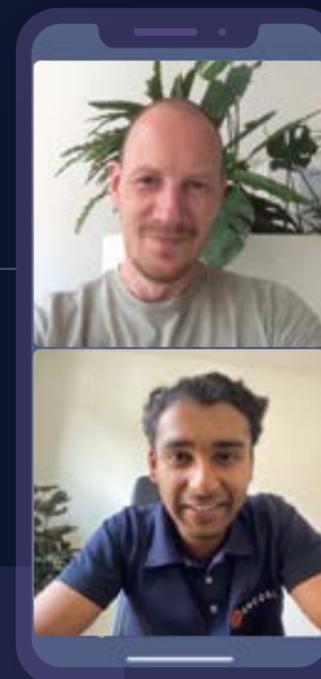
Ongoing health conversations

15 minute sessions via video call, with one of our doctors.

Monthly health conversations

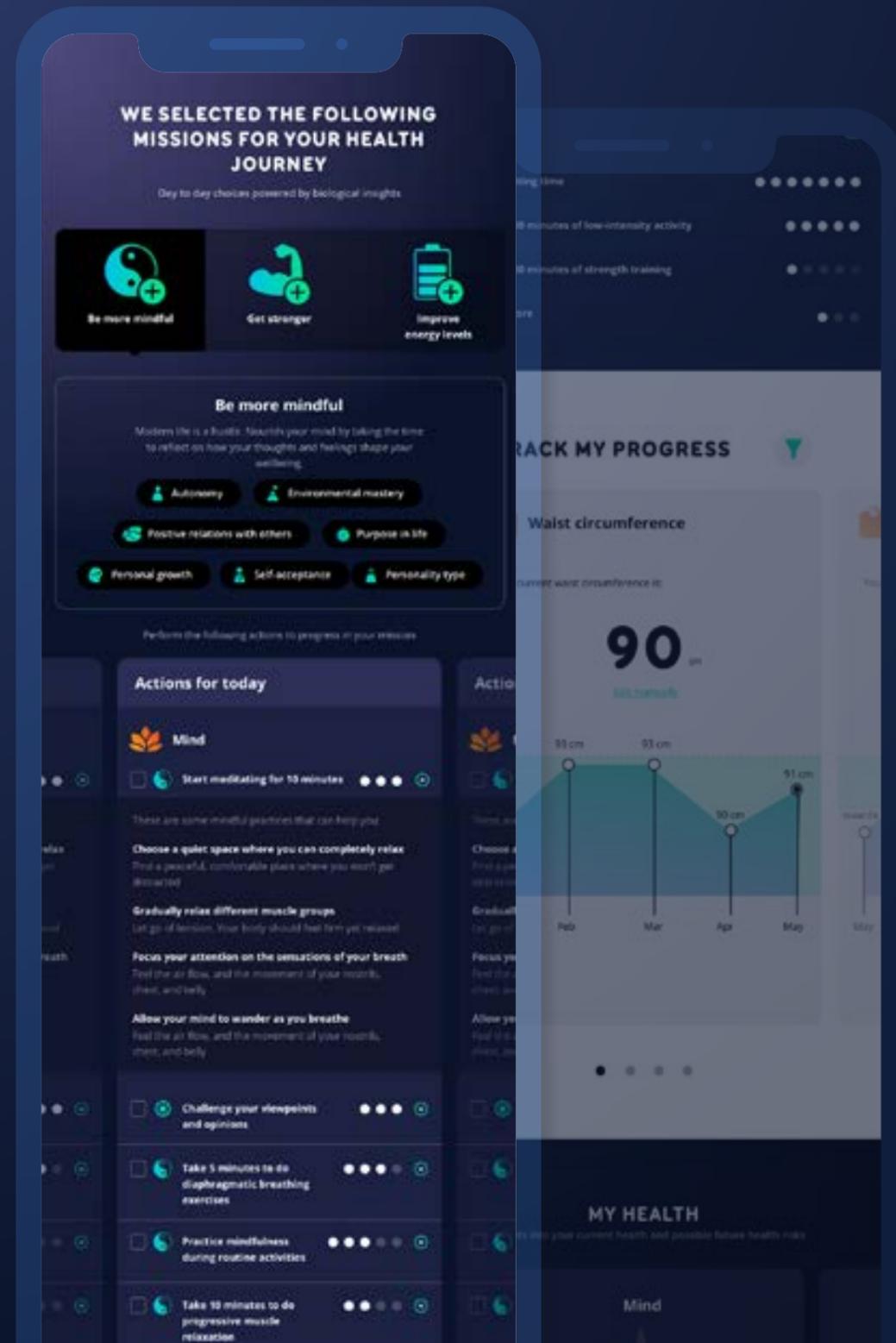
Included with:

- Premium



YOUR PERSONAL DASHBOARD

Login to your Personal Health Passport and work on the 3 missions selected for you based on analysis of your health data and goals.



MISSIONS TO ACHIEVE NEXT-LEVEL HEALTH

	Be focused and manage stress better		Get stronger
	Be more mindful		Build emotional resilience
	Improve energy levels		Be more active
	Lose visceral fat		Improve heart health
	Improve metabolic health		Defy your age
	Reduce inflammation		Improve kidney health
	Correct nutritional imbalances		Improve conditioning and get faster

GET ONGOING SUPPORT AND MAKE MEASURABLE PROGRESS

Together, we update your Personal Health Passport to measure how your body and mind are responding to changes you make.



Chat support

Stay in touch with our lifestyle experts via chat and get tips and tricks on how to implement nutrition choices, activities, and mindfulness practices into your daily life.



Monthly health conversations

Premium members have the opportunity to have 15 minute video calls with our doctors every month. You can use these conversations to discuss your personal challenges and celebrate your successes.



Lifestyle

A selection of questions from your Health and Lifestyle Questionnaire to capture changes in your daily habits and health goals.



Physical measurements

A selection of markers from anthropometrics, body composition, and blood pressure, depending on your missions.



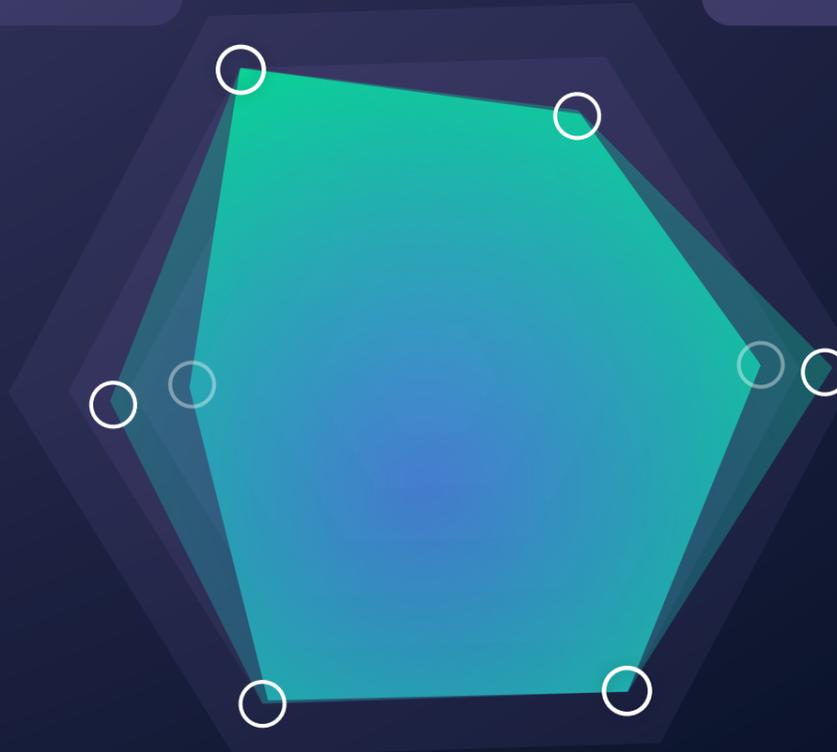
Biomarkers

A selection of markers from blood components, blood sugar, bone health, hormones, inflammation, kidney, lipids, liver, minerals, oxygen transport, recovery, thyroid, and vitamins, depending on your missions.



Fitness

A selection of strength, or resting and stress ECG, cardiopulmonary fitness, gas exchange analysis, and heart rate recovery, depending on your missions.





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